

MAY/JUNE 2011

SENIOR SPOTLIGHT

Westminster Senior Center
8200 Westminster Blvd. Westminster, CA 92683
(714) 895-2878
www.ci.westminster-ca.gov

Volunteer Recognition

Senior of the Year

Sherry Swan

The words most commonly used to describe Sherry are reliable, helpful and remarkable. She plays an integral part at the Senior Center, both on the front lines and behind the scenes. Sometimes described as a “workaholic”, she is always willing to help out whenever and wherever she is needed. She has worn many hats, one of them as the Red Hats’ Westminster Belles Queen Mum, she served as President, Vice-President and Secretary of the Senior Center Foundation. She served as a Commissioner on the Commission on Aging, worked with Project S.H.U.E., was President and is Secretary of S.C.A.T.



Above & Beyond Award

Jim McBrearty

given by the S.C.A.T. TEAM



Jim is a devoted volunteer whose commitment to the Senior Center has made him a vital part of our daily activities. Each morning he sets up for the Home Delivered Meals program and assists his co-workers in anything they need. His selfless dedication and willingness to help everyone around him has proven that he truly goes, “above and beyond” each and every day.

Westminster Senior Services Team

MAYOR & CITY COUNCIL

MAYOR

Margie L. Rice

(714) 548-3183

MAYOR PRO TEM

Tyler Diep

(714) 548-3179

COUNCIL MEMBER

Frank Fry

(714) 548-3181

COUNCIL MEMBER

Andy Quach

(714) 548-3182

COUNCIL MEMBER

Tri Ta

(714) 548-3179

DEPARTMENT LINE

(714) 548-3240

CITY MANAGER & COMMUNITY SERVICES

CITY MANAGER

Mitch Waller

(714) 548-3172

COMMUNITY SERVICES DIRECTOR

Diana Dobbert

(714) 895-2860



**The Senior Center Spotlight
is now available on the City Website:**

www.ci.westminster-ca.gov

Go to Departments, Community Services, Senior Services
or you can Google City of Westminster, CA Homepage

Senior Center Staff

(714) 895-2878

SENIOR SERVICES SUPERVISOR	Claire Hutchinson
NUTRITIONIST	Maribel Avilez
SECRETARY	Sherrie Machuga
RECEPTIONIST	Ivy Gimondo
CLERK TYPIST	Joy Williams
TRANSPORTATION COORDINATOR	Bea Pratte
VAN DRIVERS	John Conrekas, Bertha Lara and Clarey Mercer
HEALTH CARE NURSE	Jane Hannah
PROJECT S.H.U.E. DIRECTOR	Susana Delgado
SENIOR CENTER INTERN	Amber Julian

Commission on Aging

COMMISSIONER Vince Agor	(714) 897-6252
COMMISSIONER Nora Barajas	(714) 893-3708
COMMISSIONER Owen Eames	(714) 894-3129
COMMISSIONER Phil Hodgetts	(714) 847-4165
COMMISSIONER Leo Lopez	(714) 898-7358
COMMISSIONER Linh Nguyen	(714) 782-2902
COMMISSIONER Irwyn Vysma	(714) 893-3659
ALTERNATE COMMISSIONER Ron Hamamura	(714) 531-8570
ALTERNATE COMMISSIONER Joan Germany	(714) 897-6873

The Commission on Aging serves as an advisory body on matters of interest and concern to senior members of the community. The Commissioners are appointed by the Westminster City Council.

Meetings are held the second Monday of every month at 10:00 a.m. in the City Council Chambers; all residents are welcomed and encouraged to attend.

From the Senior Center Supervisor

It was wonderful to see so many volunteers at the Volunteer Recognition Party in April. The party was held in the East/West room and was a huge success. I want to thank the Staff for the many hours they put in planning and participating in the event. We congratulate Sherry Swan who was honored as the "2010 Senior of the Year" for her many years of service to the Senior Center. Jim McBrearty received special recognition named the Above and Beyond Award for all his hard work and dedication to the Center. Our Entertainment was Mid-night Flyer which everyone enjoyed.

Thank you to the ladies that worked so hard to put on the Spring Craft Boutique in the Lobby in April. They work many hours to get ready for their sale and have so many nice items to offer. We look forward to their sale during the holidays.

Enjoy the beautiful weather here in Southern California and be sure to visit the rose gardens around the Civic Center.

The Spring Silent Auction takes place from Tuesday, May 3rd – Thursday, May 5th. Thank you for supporting this event.

Claire Hutchinson



Emergency Business & Telephone Numbers

Emergency Number	911
Police	(714) 893-3708
Fire	(714) 744-0400
Elder-Abuse	(800) 451-5155
City Hall	(714) 898-3311
OCTA (ACCESS Van)	(714) 560-5956
Chamber of Commerce	(714) 898-9648
Library	(714) 893-5057
Medi-Cal	(714) 841-7100
Social Security	(800) 772-1213
Ombudsman	(714) 479-0107
Office on Aging	(800) 510-2020
Information Help Line	211
Traffic Information	511

Care and Concern...

We like to know how our members are doing. When a member becomes ill, we want them to receive a cheerful get well card or token of encouragement.



Please drop by the Front Desk or call us at (714) 895-2878 and let us know.

LOOKING AHEAD:

• Closed
Monday,
May 30th
MEMORIAL DAY



• Closed
Monday, July 4th
INDEPENDENCE
DAY



• CONCERTS IN THE PARK
Begin:
Thursday, July 14th



SENIOR CENTER PROGRAMS

SENIOR SERV



Join us for a delicious meal! Lunch is served Monday through Thursday at 11:45 a.m. and on Friday at 11:30 a.m. (every other Friday is 11:45 a.m.). We celebrate birthdays on the 4th Thursday of each month.
Cost:
The suggested donation is just \$2.50 for our senior participants 60 and over. The cost for individuals under 60 is \$3.50.

COMMODITIES



Commodities Program is held on the 2nd Wednesday of each month.

May:

Wednesday, May 11th

June:

Wednesday, June 8th

Hours:

8:00-a.m.-11:00 a.m.

(or until food runs out)

Requirements:

You must live in Westminster and qualify as low income. Bring proper identification & plastic bag.



WESTMINSTER ON WHEELS

The City of Westminster has partnered with OCTA to provide transportation services to seniors, 62 years and older, residing in Westminster. The goal of the WOW Program is to assist seniors in remaining independent. The program operates Monday through Friday and reservations are required.



NUTRITION VAN

This program is for Westminster Seniors who need a ride to the Senior Center for the luncheon program. Once seniors are at the Senior Center they can hop on the Shuttle if they need to run errands.

SCHEDULE

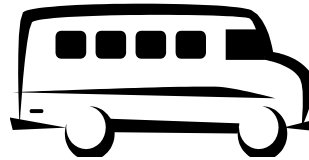
Monday through Friday

Morning Pick-Ups:

8:00 a.m. to 9:00 a.m. from your home to the Senior Center.

Afternoon Returns:

12:30 p.m. & 2:30 p.m. from the Senior Center to your home.



SHUTTLE

This program is for older adults who reside in Westminster. This is a group pick-up program that runs **Monday through Thursday** from 9:00 a.m.- 1:00 p.m. After picking up seniors from the Senior Center and from other group pick-up sites, the shuttle stops for the shopping time of 1 ½ hours at Albertson's, Westminster Mall, Wal-Mart, and Target.

NOTE:

NO SHUTTLE SERVICE ON FRIDAYS

Please contact the Senior Center if you have any scheduling questions. Service is free but you must sign up.



Transportation Coordinator
Bea Pratte

WOW Questions?
Call (714) 895-2878
ext. 3675

SENIOR CENTER ACTIVITIES

CLUBS & GROUPS



BRIDGE CLUB

meets Mondays and Thursdays at 12:15 p.m.



CHESS CLUB

meets Tuesdays and Thursdays at 7:30 a.m.



BUNCO meets on 2nd and 4th Wednesdays at 12:30 p.m.



CRAFT LADIES

meet on Thursdays at 9:00 a.m.



MAH JONGG

players meet on Mondays from 10:00 a.m.-12:00 noon.



DINNER GROUP

Meets the 3rd Wednesday of each month at a local restaurant.



POOL ROOM

is open five days a week and new players are welcome.



RED HAT SOCIETY

is a group of women who dress in purple and red. This group goes on trips, dinner, etc. Their main purpose is to have fun.



YARN SPINNERS

crochet and knit on Mondays, Wednesdays, and Fridays from 9:00 a.m.-11:30 a.m.



NEEDLE WORK

meets Mondays at 9:00 a.m.



MEXICAN TRAIN

DOMINOS meet on the 1st and 3rd Wednesday of each month at 12:00



Noon

SUDOKU

meets every Friday at 9:30 A.M.

BINGO

BINGO				
12	18	41	47	61
7	26	39	54	70
4	27	FREE 4785 SPACE	49	63
5	23	35	58	73
3	30	32	52	75

GAME TIMES:

Mondays & Wednesdays

12:45 p.m. - 2:30 p.m.

Fridays

9:30 a.m. - 11:15 a.m.

Bingo is hosted in our dining room by volunteer callers. Bingo cards are 3 for a \$1.00 or 50¢ a piece.



Winners receive a Bingo Buck a game. You can

earn a \$10 Stater Bros. Gift Card for every 10 Bingo Bucks you earn. If you are interested in being a Bingo caller, please contact the front desk.

MOVIES

MAY

May 6th

"Eat, Pray, Love"

Julia Roberts, James Franco
2 hours, 20 minutes
Rated PG-13 (2010); Drama

May 13th

"Secretariat"

Diane Lane, John Malkovich
2 hours, 3 minutes
Rated PG (2010); Drama

May 20th

"Bringing Up Baby"

Katherine Hepburn, Cary Grant
1 hour, 42 minutes
Not Rated (2010); Drama

May 27th

"Pay It Forward"

Kevin Spacey, Helen Hunt
1 hour, 43 minutes
Rated PG-13 (2000); Drama

JUNE

June 3rd

"Date Night"

Steve Carell, Tina Fey
1 hour; 42 minutes
Rated PG-13 (2010); Comedy

June 10th

"Holiday"

Katharine Hepburn, Cary Grant
1 hour; 33 minutes
Rated NR (1938); Comedy

June 17th

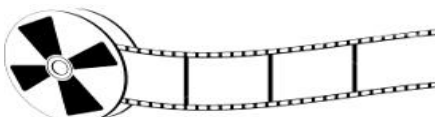
"Charlie St. Cloud"

Zac Efron, Charlie Tahan
1 hour; 39 minutes
Rated PG-13 (2010); Drama

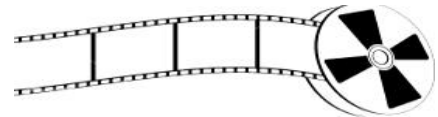
June 24th

"Alice in Wonderland"

Johnny Depp, Mia Wasikowska
1 hour; 48 minutes
Rated PG (2010); Adventure



*Showing Fridays
at 9:15 a.m.*



SENIOR CENTER ACTIVITIES

SPECIAL EVENTS

Cinco de Mayo Celebration

Don't take a siesta, join us at the fiesta!!

Date:
Thursday, May 5th

Time:
11:00 a.m.

Place:
Dining Room

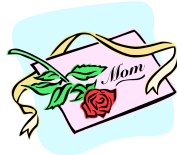
Cost:
\$2.50



Entertainment will be
Las Tapatias
Folklore Dancers



Let's Celebrate MOM!



Join us for lunch and entertainment as we acknowledge Mother's Day!

Date:
Friday, May 6th

Time:
11:00 a.m.

Place:
Dining Room

Cost:
\$3.00

Entertainment



Karyn Myers

BIRTHDAY CELEBRATIONS

We'll supply the cake, balloons, and entertainment but the party will not start without YOU!



Dates:
Thursday,
May 26th

&
Thursday,
June 23rd

Time:
11:00 a.m.

Place:
Dining Room

Cost:
\$2.50

Let's Hear It for the Dad's!



We invite you to join us for Dad's Day!

Date:
Thursday, June 16th

Time:
11:00 a.m.

Place:
Dining Room

Cost:
\$3.00

Entertainment:
Rodrigo!
The Pianist



**O.C. Bar Association
Elder Law
Outreach Program**

Presentation Hosted

By:

Debra Groh

Topics:

- Power of Attorney
- End of Life Discussions

Date: Wednesday, May 18th

Time: 10:00 a.m.

Place: Dining Room



The City of Westminster
proudly invites you to
the annual

Flag Day Celebration

Ceremony begins at
12:00 Noon

Tuesday, June 14th
Westminster Civic Center

SENIOR CENTER SERVICES

ONGOING SERVICES



ATTORNEY

Elder Law attorney **Dennis Jensen** specializes in wills, trusts, estate planning and probate.

When:

3rd Tuesday of every month

Time:

10:00 a.m. - 12:00 noon
(by appointment only)



BLOOD PRESSURE

Certified Nurses offer free blood pressure checks.

When:

Every Thursday

Time:

9:00 a.m. - 11:00 a.m.



HICAP

(Health Insurance Counseling Advocacy Program)

Do you need counseling about Plan D, Medicare, HMO drug coverage? HICAP counselor Joel Benson is available for Medicare/MediCal counseling and information.

When:

2nd Monday of every month

Time:

10:00 a.m. - 12:00 noon
(by appointment only)



LEGAL AID

Paralegal **Laura Luu** provides legal advice and referrals.

When:

1st Friday of every month

Time:

10:00 a.m. - 12:00 noon
(by appointment only)



PODIATRIST

Dr. Nancy Hayata provides foot screening and consultation.

When:

1st Friday of every other month.

Time:

Appointments begin at 11:30 a.m. and last 10 minutes.



INFORMATION & REFERRAL

Front Desk staff is available to answer any inquiries concerning senior activities and services.

For further information on any of the listed services contact us at:

(714) 895-2878

EARLY RISER? LIKE TO PLAY CHESS?



Please join our Chess players on **Tuesday and Thursday** mornings at **7:30 a.m.**...
the more the merrier!

DON'T FORGET!



BARBARA TURNER FROM THE **BRaille INSTITUTE** IS HERE ONCE A MONTH TO DISCUSS THE EFFECTS OF VISION LOSS AND HOW TO PROMOTE INDEPENDENCE IN FAMILIAR SURROUNDINGS.

2ND WEDNESDAY OF EACH MONTH

MAY 11TH & JUNE 8TH

9:30 A.M.-10:30 A.M.

DINING ROOM

Free Haircuts & Manicures

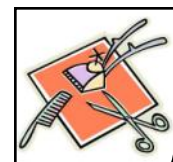
Offered by the
Asian American Beauty School

Dates:

Tuesday, June 28th
Tuesday, August 23rd

Time: 10:00 a.m.-12:00 noon

(First come; first served)



SENIOR CENTER SERVICES

NURSE JANE HANNAH



Nurse Jane Hannah is a professionally trained public health R.N. that conducts basic health screenings by appointment on scheduled Wednesdays from 8:00 a.m. to 2:00 p.m. She also provides nutrition counseling, as well as lectures on such topics as arthritis, heart disease, and diabetes.



UPCOMING HEALTH TALKS

11:00 a.m. in the Dining Room

MAY:

Wednesday, May 4th

Topic:

“Re-think Your Drink”

JUNE:

Wednesday, June 1st

Topic:

“Summer Heat”



DIABETES EDUCATION & SUPPORT GROUP



MAY 2011

Wednesday, May 18th

12:30 p.m. in Room A

“Vision & Diabetes”

JUNE 2011

Wednesday, June 15th

12:30 p.m. in Room A

“Pattern Management
& Diabetes”



Unless otherwise noted, all health related presentations are given by: Jane Hannah, RN, PHN

Sponsored by: Adult Public Health Nursing Services and the Orange County Health Care Agency

Information on Medi-Cal will be discussed.

LOVELY TREASURES



Recently when Rachel Schneider e-mailed Mayor Rice to inquire about volunteering at the City of Westminster, the Mayor recommended that she apply at the Senior Center.

Rachel, after coming to our site, commented, “The first day I was at the Center, I felt a homelike atmosphere. As my sight is compromised, I always have my golden Labrador Guide Dog ‘Dooley’ with me, and wondered if his presence would cause any problems. On the contrary, he was welcomed enthusiastically.”

“Please note that ‘Dooley’, as a guide dog, is still being trained by me, and even though he is the cutest thing on earth, I would appreciate that you not approach him. This will help in his training as a working dog in the GDB Program (Guide Dogs for the Blind).

Thank-you, Mayor Rice and all the seniors at the Center. I am volunteering most days at the Craft Closet, recently re-named “Lovely Treasures”; please do not hesitate to drop by and see me.

Sincerely,

Rachel & Dooley



UPCOMING EVENTS

Join us for a special three-day event:

Spring Silent Auction

Tuesday through Thursday

May 3rd-May 5th

**Time: 8:30 a.m. Tuesday
until 1:00 p.m. Thursday**

(Closing Bell rings at 1:00 p.m. sharp)

Senior Center Lobby



Dinner Group

May 18th at 4:30 p.m.

Spire's Restaurant



*Corner of Goldenwest St.
& Garden Grove Blvd.*

Sign-up at Front Desk

Carrow's Restaurant

June 15th at 4:30 p.m.

*Corner of Magnolia
& Warner*

Sign-up at Front Desk



INDEPENDENCE DAY CELEBRATION

With Entertainment by

**The Westminster Senior Center
Line Dancers**

DATE:

Thursday, June 30th

TIME:

11:00 a.m.

PLACE:

East/West Room

COST:

\$4.00 Donation

SAFETY DRIVING PROGRAM

This AARP sponsored refresher course for drivers is taught by a trained instructor. Class meets for 8 hours over a 2-day period, from 8:30 a.m. to 12:30 p.m.

**The fee is \$12 per person for AARP members
\$14 per person for non-members**

Classes will be held on the following dates:

June 9th & 10th

August 4th & 5th



***Pre-registration and payment are
required at Front Desk
before class dates.**

SENIOR CENTER CLASSES

COASTLINE COMMUNITY COLLEGE

Adult Fitness

A mildly aerobic chair/standing exercise that will stretch and strengthen muscle groups.

Day	Time	Instructor
Mon/Tue/Wed	10:00 a.m.- 12:00 noon	M. Masters

Beginning Adult Fitness

Day	Time	Instructor
Tues./Thurs.	12:30 p.m.- 1:30 p.m.	M. Masters



Balance & Mobility

A preventive class for Seniors at risk for falling; must meet entrance criteria, see Instructor.

Day	Time	Instructor
Tues./Thurs.	8:45 a.m.- 9:45 a.m.	M. Masters

Coastline Community College classes are offered at no cost. For more information, call (714) 241-6184.

Pre-registration is advised. *Please Note: As of June 13, 2011, these classes will be held on Mondays & Wednesdays.

HUNTINGTON BEACH ADULT SCHOOL



Introduction to Dance Aerobics

Day	Time	Instructor
Monday	1:30 p.m.- 2:45 p.m.	J. Camarena

Dance Aerobics 2

Day	Time	Instructor
Thursday	9:00 a.m.- 10:30 a.m.	J. Camarena

Dance Aerobics 2/3

Day	Time	Instructor
Thursday	3:00 p.m.- 4:30 p.m.	J. Camarena

Dance Aerobics 3

Day	Time	Instructor
Thursday	10:30 a.m.- 12:00 p.m.	J. Camarena

Dance Aerobics 4

(Waiting List Only)

Day	Time	Instructor
Tues./Thurs.	12:45 p.m.- 2:30 p.m.	J. Camarena

Low Impact Aerobics 2

Day	Time	Instructor
Tuesday	10:45 a.m.- 11:45 a.m.	J. Camarena

Stretch & Flex

Day	Time	Instructor
Tuesday	9:30 a.m.- 10:30 a.m.	J. Camarena

ALL Huntington Beach Adult School classes are now Fee-Based. For more information, call (714) 901-8106 ext.4405.

Pre-Registration is advised.

SENIOR CENTER

Applicants start by filling out forms at the Front Desk.

Instructors will contact students with schedule info.

Beginning Computer Class-Cost: \$10.00

Day	Time	Instructor
Monday	1:00 p.m.- 3:30 p.m.	A. Spisak
Wednesday	9:00 a.m.- 11:30 p.m.	D. Davis

Intermediate Computer Class-Cost: 10.00

Day	Time	Instructor
Monday	9:00 a.m.- 11:30 a.m.	K. Hillhouse

Longevity Stick

A Vietnamese form of exercise involving slow movement and stretching.

Day	Time	Instructor
Monday	9:00 a.m.- 10:00 a.m.	J. Ju
Thursday	9:00 a.m.- 10:00 a.m.	B. Kiehl

Tai Chi

Day	Time	Instructor
Friday	8:30 a.m.- 10:30 a.m.	L. Mo

* ALL CLASSES ARE HELD AT THE WESTMINSTER SENIOR CENTER *

SENIOR CENTER TRIPS

DAY TRIPS

HARRAH'S CASINO

Wednesday, May 25th, 2011

Depart: 8:00 a.m.

Return: 5:00 p.m.

Cost: \$12.00

\$10 in Slot Play upon arrival!

J. PAUL GETTY VILLA W/LUNCH

Wednesday, June 8th, 2011

Depart: 8:30 a.m.

Return: 4:00 p.m.

Cost: \$52.00

SAN MANUEL CASINO

Tuesday, June 21st, 2011

Depart: 8:30 a.m.

Return: 5:00 p.m.

Cost: \$15.00 \$10 in Slot Play OR food upon arrival!

PAGEANT OF THE MASTERS

Wednesday, July 13th, 2011

Depart: 5:00 p.m.

Return: 11:30 p.m.

Cost: \$57.00

VIEJAS CASINO

Thursday, July 21st, 2011

Depart: 8:00 a.m.

Return: 5:00 p.m.

Cost: \$15.00 Includes lunch at half-off & shopping

GRIFFITH OBSERVATORY

W/LUNCH AT THE "SIZZLER"

Wednesday, September 7th, 2011

Depart: 10:30 a.m.

Return: 5:00 p.m.

Cost: \$49.00

PECHANGA CASINO

Tuesday, September 20th, 2011

Depart: 8:00 a.m.

Return: 5:00 p.m.

Cost: \$32.00

\$25 in Slot Play upon arrival!

VIEJAS CASINO

Wednesday, October 5th, 2011

Depart: 8:00 a.m.

Return: 5:00 p.m.

Cost: \$15.00

Includes lunch at half-off & shopping

APPLE SEASON IN OAK GLEN

W/TOUR AT THE GRABER OLIVE HOUSE

Thursday, October 20th, 2011

Depart: 8:00 a.m.

Return: 6:00 p.m.

Cost: \$56.00

Includes lunch & FREE apple pie!

SANTA YSABEL ADVENTURE

W/VISIT TO INDIAN MISSION & JULIAN PIE CO.

Wednesday, November 2nd, 2011

Depart: 8:30 a.m.

Return: 6:30 p.m.

Cost: \$47.00

PALA CASINO

Monday, November 21st, 2011

Cost: \$19.00 Depart: 8:00 a.m. Return: 5:00 p.m.

OVERNIGHT TRIPS

LAUGHLIN at the RIVERSIDE

May 10th-12th, 2011

(Tuesday - Thursday)

Package includes: Free buffets at hotel, plus Special Laughlin "Funbook

Depart: 8:00 a.m.

Return: 6:00 p.m.

Cost: \$91p/p double

\$111 single

LAUGHLIN LUAU

at the RIVERSIDE

August 23rd-25th, 2011

(Tuesday-Thursday)

Package includes: Free Buffet, (1 choice plus 2

breakfasts) plus LUAU DINNER PARTY →



(sit-down Dinner w/ band & dancing & prize drawings)

Depart: 8:00 a.m.

Return: 6:00 p.m.

Cost: \$95 p/p double

\$115 single

LAUGHLIN at the RIVERSIDE

December 7th-9th, 2011

(Wednesday-Friday)

Christmas Dinner Party at the Hotel!

2 FREE Buffets, Laughlin Funbook includes three 2 for 1 meal coupons at local casinos, along with 2 for 1 drinks, appetizers, & much more!

Depart: 8:00 a.m.

Return: 6:00 p.m.

Cost: \$92 p/p double

\$112 single





Senior Lunch Sites – May 2011

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
California Cream Soup Egg Salad Sandwich on Wheat Bread Spinach Salad w/Champagne Dressing Fresh Fruit	Hawaiian Pork Steamed Rice Edamame Blend Vegetables Hawaiian Roll Tropical Fruit Mix Fig Bar	Cheese Omelet Potatoes O'Brian Fruited Muffin Asparagus Cake 	Cinco de Mayo Celebration! Tortilla Soup w/Tortilla Strips Chicken Fajitas w/Fajitas Vegetables Pinto Beans Flour Tortillas Flan	Mother's Day Celebration! Stuffed Pepper Mashed Potatoes Spring Blend Salad w/Raspberry Vinaigrette Parkerhouse Roll Strawberry Shortcake
9	10	11	12	13
Vegetarian Lasagna Tossed Green Salad w/Italian Dressing Garlic Breadstick Chunky Fruit Salad Orange Juice	Holly Farm Chicken Potato Salad Green Beans Wheat Roll Mandarin Oranges	Farmer's Soup w/Crackers Tuna Salad Sandwich On Wheat Bread Mixed Green Salad w/Ranch Dressing Fresh Fruit	Hamburger on Wheat Bun w/Lettuce, Tomatoes & Onions Macaroni Salad Broccoli Slaw Fruited Jello	Fish Vera Cruz Pinto Beans MexiCorn Salad Flour Tortilla Fresh Fruit
16	17	18	19	20
Minestrone Soup w/Crackers Spaghetti w/Meatballs Steamed Zucchini Sourdough Roll Chocolate Cake Apple Juice	Egg Drop Soup Teriyaki Chicken Steamed Rice Oriental Blend Vegetables Fresh Fruit	Beef Stroganoff On Wide Egg Noodles Peas and Carrots Wheat Roll Cookies Orange-Pine Juice	Barbeque Chicken Baked Beans Coleslaw Parkerhouse Roll Fresh Fruit	Macaroni and Cheese California Blend Vegetables Garden Salad w/Honey Sesame Dressing Wheat Roll Peach Crisp
23	24	25	26	27
Cheese Enchiladas Spanish Rice Pinto Beans Green Salad w/Ranch Fresh Fruit	Butternut Squash Soup w/Crackers Roast Pork w/Apricot Glaze Capri Blend Vegetables Scalloped Potatoes Wheat Roll Pie Orange Juice	Tomato Soup w/Crackers Turkey Sandwich w/Lettuce & tomato on Wheat Bread Carrot Raisin Salad Baked Chips Lemon Tart	Birthday Party Beef Pot Roast w/Gravy Mashed Potatoes Green Beans Wheat Roll Cake Apple juice	Memorial Day Celebration Cheeseburger w/Cheese, Lettuce & Tomato On Wheat Bun Potato Wedges Coleslaw Watermelon
30	31			
Memorial Day Closed 	Curry Chicken Steamed Rice Cucumber Salad w/Dill Dressing & Garbanzo Beans Fresh Fruit			Suggested Donation - \$2.50 Meal Cost for Under Age 60 - \$3.50

All Meals comply with the Dietary Guidelines for Americans (DGA) 2005 & the Dietary Reference Intakes (DRI) for older adults as determined by the California Dept. of Health and Human Services Agency & the U.S. Department of Agriculture. Community SeniorServ's Lunch Program may change the menu for reasons of quality control, price or vendor problems.

This project is funded in part through funds from the Federal Older Americans Act as allocated by the Orange County Board of Supervisors.

*Sugar free gelatins and water packed fruits are used throughout the menu to accommodate diabetics. All diet desserts are *Sugar-Free*. 1% milk served more of sodium. Low Cholesterol, 0% transfat butterly spread served with bread and rolls



daily. Has 1,000 mg or